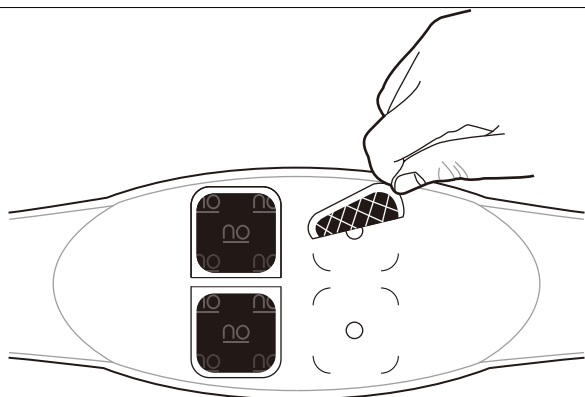
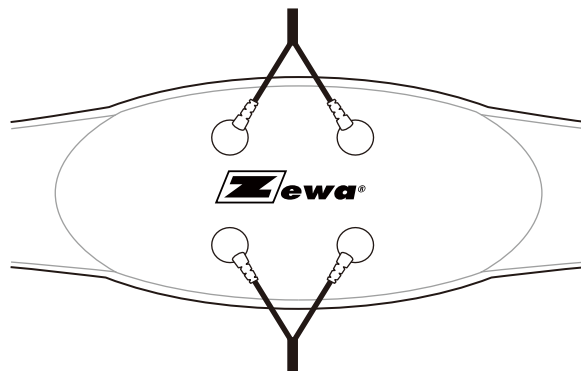


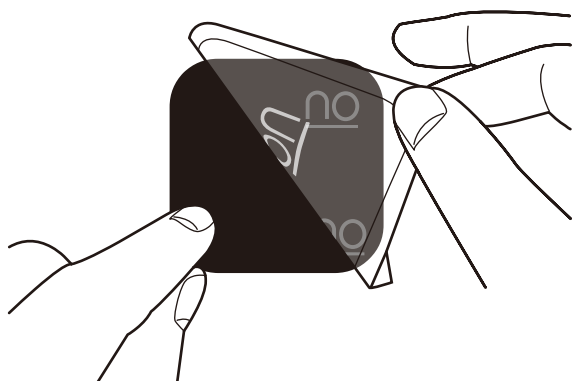
Quick Reference Guide



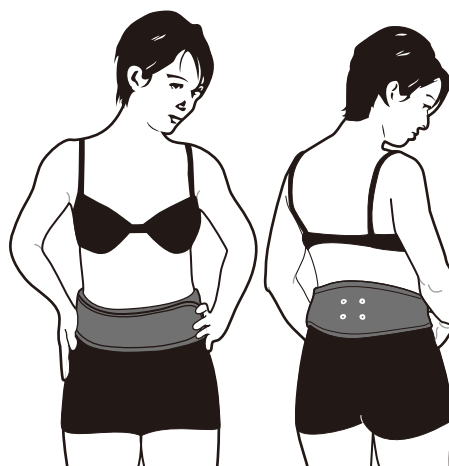
Step 1:
Carefully separate electrodes from each other (perforation). Remove the plastic cover from the grid pattern side of the electrodes. **DO NOT touch the gel on the grid pattern side.** Leave the cover marked "on" on the electrodes. Position the electrodes with the grid pattern down centrally on the belt as indicated. Press the electrodes firmly onto the belt. Repeat for all 4 electrodes.



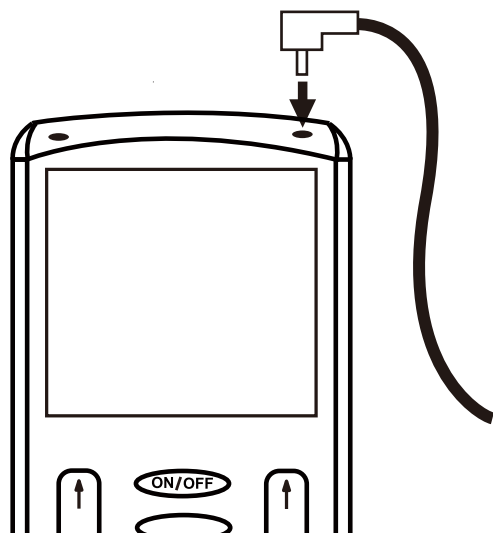
Step 2:
Connect the cables to the belt.



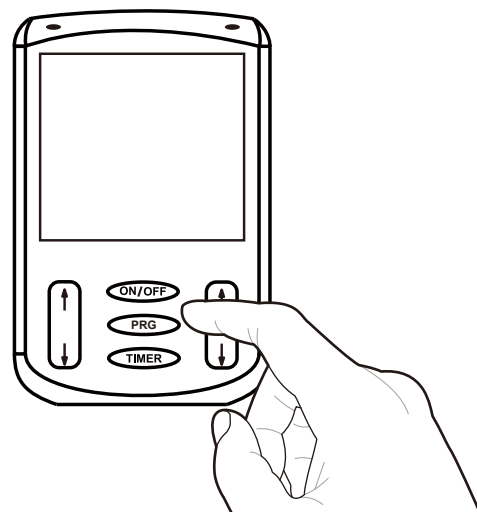
Step 3:
Remove the plastic covers marked "on" from all 4 electrodes. Note: Once all plastic covers are removed one side of the electrode sticks to the belt and the other side will stick to your body.



Step 4:
Position the belt around your waist.



Step 5:
Connect the cables to the main unit (make sure the unit is turned OFF).



Step 6:
A) Turn the Device ON by pressing the "ON/OFF" button.
B) Choose a program by pressing the "PRG" button. To change the timer press the "TIMER" button.